PAST PERFECT CONTINUOUS TENSE



Affirmative

S + had + been + V-ing
They had been playing tennis.

Form

Negative

S + had + not + been + V-ing
They had not been playing tennis.

Interrogative

Had + S + been + V-ing Had they been playing tennis?

Usage

Express a past action that already started and continued up to another action or time in the past.

The boys had been playing soccer for about an hour when it started to rain.

Emphasize the duration of an activity in the past.

Richard needed a holiday because he had been working hard for six months.

Express cause of something in the past.

He was tired because he had been jogging.

Time Expression

When Before

By the time

For Since

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